



Elite membership table of contents

Directions for use: Each of the Roman numerals (I, II, III, IV, etc) represent a button in the [Elite area](#). You can click the blue link to access that specific area.

The contents of each area are listed below it. To perform a search for of the document for a specific topic or resource hit “Control + F” on a PC or “Command + F” on a Mac then type in your key word.

[I. Forums](#)

- A. Ask Coach Nelson
- B. Brag on your team
- C. Share your stuff

[II. Weekly Video/Audio Tips - Various](#)

[III. Elite Practice Planning](#)

- A. Cornerstone dynamic warm-up
- B. Daily dozen pitching drills
- C. Throwing program for position players
- D. 6 cone agility series
- E. 2018 daily practice plans (12 unique plans)
- F. 10 practice plan series that covers every aspect of the game with resources
- G. 4 indoor plans complete with resources
- H. Tryout form
- I. Editable tryout assessment forms
- J. Tryout plans with video
- K. Additional challenges for practices
- L. Throwing sequences
- M. Quality strike chart for bullpen sessions
- N. Tactical games for pitchers
- O. Pitcher only program for high school and college pitchers
- P. In season weight training program
- Q. Infielder daily drills
- R. 10 week development plan for infielders
- S. Fast paced PFP
- T. 3 simple changes to make practices more game like
- U. On field BP template
- V. Two catcher throwing drill
- W. Opposite field controlled scrimmage

- X. Full field infield drills
- Y. Double play rotations
- Z. 3 team scrimmage
- AA. Practice organization power points

IV. Elite Travel Ball Practice Plans

- A. 3 practice plans for 1 batting cage and hitting stations and as mall turf area
- B. 4 practice plans for batting cages only
- C. 4 practice plans for gym or turf area only

V. Elite online courses

- A. Generating offense and hitting
- B. A.C.E. infielders
- C. Silver certification - coaching philosophy
- D. Small ball for big innings
- E. Beginning coach course
- F. Developing dynamic outfielders
- G. Skills and drills

VI. Game charts and measurement tools

- A. Quality inning chart
- B. Weighted quality at bat template with video
- C. Catcher bullpen receiving/blocking chart
- D. Hitter +/- chart (with video)
- E. Rocket index (with video)
- F. Tactical checklist for games
- G. Inning by inning dugout chart
- H. Dugout chart
- I. Spray chart
- J. Hitter production chart (for tryouts)
- K. Offensive sign system
- L. Process scrimmage
- M. Quality strike chart
- N. Base running chart

VII. Conditioning Library

- A. On field workout for all ages
- B. In season workout program
- C. Developing a stable core in 2 weeks
- D. Building a solid base in 2 weeks
- E. Rotational power series (med ball throws with video)
- F. Six cone agility series
- G. Yoga for baseball
- H. Conditioning for 5-12 year olds (game play)
- I. Complete offseason conditioning program
 - 1. Periodization
 - 2. Workout Calendar
 - 3. Weight training workouts (9 of them)
 - 4. Post activation potential workouts (2 of them)

5. Core/agility/plyo/yoga workouts (4 of them)
6. Additional workouts

VIII. [Elite Pitching Center](#)

- A. Daily dozen pitching drills
- B. Selecting your team in the pitch count era
- C. STRIKES competitive game
- D. Bullpen pitching scripts
- E. Pitcher only program for high school and college pitchers
- F. Four corner picks (with video)
- G. Fast paced PFP
- H. Pitcher availability activity
- I. Pitching points of emphasis
- J. Creating your preseason pen calendar
- K. Throwing a change up tutorial
- L. Pre game routine for pitchers
- M. Tactical games for pitchers

IX. [Elite Hitting and Offense](#)

- A. 23 chaos hitting drills with example rotations
- B. 12 week bat speed improvement program
- C. 0-2 to 2-0 hitting game with description video
- D. New favorite tee drill
- E. New take on tee work
- F. Complete week long batting practice plans
- G. Hitting drills with video
 1. BOSU ball and helmet drill progression for weight transfer
 2. 5 hitting drills video
 3. Hitting the outside pitch drill progression
 4. Inside/outside with hit/take drill
 5. Stance, strike, load
 6. Stance, strike, load (separate)
 7. 1-2-3 fire
 8. Hit/take (updated to "take" drill)
 9. Babe ruth
 10. Babe ruth hit/take combo
 11. Pitcher leg kick
 12. Outside tee
 13. Helmet drill
 14. Back knee pick up
 15. Walk through hitting position
 16. Walk through
- H. On field BP template
- I. Three plate drill
- J. Stealing bases more efficiently
- K. Base running chart
- L. Example video analysis

M. Proper swing path video

X. [Elite Program Building](#)

- A. New coach checklist
- B. Tryout form
- C. Coach code of ethics
- D. Player code of ethics
- E. Parent/fan code of ethics
- F. Program evaluation form
- G. End of year success checklist
- H. Preseason parent meeting outline
- I. Depth chart template
- J. Pitch availability guide
- K. Hydration guide
- L. Video on goal setting
- M. Random vs. blocked practice
- N. Mental game video, two parts

XI. [Elite Camp Planning](#)

- A. 3 week hitting camp plan by age group
- B. 10 week pitching camp plan
- C. 10 week catching camp plan
- D. 10 week infield camp plan
- E. Father son camp plans
 - 1. Itinerary
 - 2. Infield/outfield and throwing
 - 3. Clinic packet
 - 4. Hitting cue cards
- F. Editable camp flyers

XII. [Elite Infield Play](#)

- A. Updated footwork for infielders
- B. Drills for full infield play
- C. Lead up drills
 - 1. Quick transfer
 - 2. Quick transfer w/glove
 - 3. Two knees no glove
 - 4. Two knees w/glove
 - 5. Wide base no glove
 - 6. Wide base w/glove
 - 7. Two knees backhand
 - 8. Wide base backhand glove
 - 9. Short hop game
 - 10. Backhand short hop
 - 11. Form fielding
 - 12. Backhand simulation
 - 13. Hat drill
- D. Fielding backhand footwork

- E. Double play feeds (video)
 - 1. Feed from SS
 - 2. Feed from 2b
- F. Double play turns (video)
 - 1. Turns from SS
 - 2. Turns from 2B
- G. A.C.E. Infield Course
 - 1. What is an A.C.E. infielder?
 - 2. How to develop A.C.E. infielders
- H. Pre-game and pre-practice movements
- I. Productive throwing program for infielders
- J. Pre-pitch routine for infielders
- K. Pre-pitch positioning
- L. Routine ground ball footwork
- M. Fielding backhands
- N. Taking relays
- O. Receiving the ball and making tags
- P. Fielding pop-ups
- Q. Blocked and random practice drills
- R. Lead up drills
- S. Full infield drills
- T. Competitive games for infielders
- U. Double play feeds and turns
- V. Footwork for 1st basemen

XIII. [Elite outfield play](#)

- A. Elite read step for outfielders
- B. 74 page eBook “Developing dynamic outfielders”
- C. Developing dynamic outfielders course
 - 1. Pre-pitch positioning
 - 2. Pre-pitch routine
 - 3. Fielding ground balls
 - 4. Fielding fly balls
 - 5. Positioning the body to throw
 - 6. Long steps
 - 7. Pop-up and fly ball priority system
 - 8. Communication
 - 9. When the ball isn’t hit to you
 - 10. Fly ball drills
 - 11. Ground ball drills
 - 12. Throwing drills and games
 - 13. Communication drills
 - 14. Maximizing indoor practice space with outfielders
 - 15. Outfielder specific conditioning

XIV. [Elite tactical center](#)

- A. Bunt defense progressions

- B. 1st and 3rd defense
- C. Pop-up communication system
- D. Cutoffs and relays checklist and system
- E. Rundown warm up (video)
- F. Teaching rundown progressions
- G. How to botch a rundown (video)
- H. Fast paced PFP
- I. Offensive tactics
 - 1. Bunting philosophy and situations
 - 2. Sacrifice bunt and bunt for a hit mechanics
 - 3. Suicide and safety squeeze
 - 4. When to hit and run
 - 5. Executing the hit and run
 - 6. When to steal
 - 7. Stealing second base
 - 8. Stealing third base
 - 9. Taking extra bases
 - 10. Tactical games for small ball (bunting, stealing, and advancing)

XV. [Elite eBooks](#)

- A. Tactical games for every position
- B. Generating offense and hitting
- C. So you're a coach... now what?
- D. Top 10 things every pitcher must do
- E. The complete guide to base running

XVI. [Elite video lessons](#)

- A. Pitching lesson and video analysis
- B. Pitching lesson follow up
- C. Hitting lesson video analysis
- D. Hitting video analysis
- E. Follow up video analysis with drill prescription

XVII. [Elite mini-clinics](#)

- A. Mental game video (2 parts)
- B. Goal setting
- C. Hitting lesson on the tee
- D. Throwing a change up
- E. How to hit a curve ball
- F. Random vs. blocked practice
- G. Woosh drill
- H. Walk through tee drill
- I. Stride/drive drill
- J. Low and inside short tee drill

XVIII. [Video Tip Archive](#)

- A. Situational Scrimmage
- B. In season lifting guide
- C. 2018 summer camp plan with audio

- D. Defending the “tweener” video
- E. Coaching runners on 3rd base
- F. Coaching runners on 1st and 2nd
- G. A sneaky strategy when you’re throwing a fastball in a fastball count
- H. Updated hitting approach for 2018
- I. Elite read step for outfielders
- J. Tee work explained
- K. New to the member’s area
- L. Update to infield footwork
- M. Podcast 125 extension
- N. Four corner pick drill
- O. Picks to 1st base
- P. Picks to 2nd base
- Q. Bombers vs. barrel control hitters
- R. State clinic speaker notes and take-a-ways
- S. 2 runners in a rundown
- T. Should your son play up?
- U. David vs. Goliath
- V. Batting practice plans
- W. Med ball slam with explosive side toss
- X. Swing on the first pitch?
- Y. Four corner flip for infielders
- Z. Why I don’t choose captains
- AA. SS footwork around the bag
- BB. To sent or not to send
- CC. Turns around the bases
- DD. On field workout for all ages
- EE. How I’m utilizing my new hitting facility
- FF. 2017 editable camp plans for middle school and youth
- GG. Tactical checklist for games
- HH. Indoor drill for outfield communication on ground balls
- II. Arm fake at second base and more
- JJ. Textbook blocking technique
- KK. 2016 clinic take-a-ways
- LL. Subtle but smart outfield play
- MM. New take on tee work
- NN. Agility warm-up for infielders
- OO. Four batting stance absolutes
- PP. End of the balance point for pitchers
- QQ. Running the contact play w/runners on 2nd and 3rd
- RR. Running your best time home to first
- SS. Breaking in a new glove
- TT. Hat drill for young infielders
- UU. How to run a squeeze play
- VV. Attacking the mental game
- WW. Blocked vs. random practice

- XX. Baseball conditioning vs. traditional conditioning
 - YY. Periodization for offseason baseball training
 - ZZ. Psychological characteristics of peak performance in baseball
 - AAA. What is the correct swing plane
 - BBB. Cross fit for baseball players?
 - CCC. The put it in play myth
 - DDD. 5 pitching movement absolutes
 - EEE. What to do with catchers in practice
 - FFF. Correct hitting position
 - GGG. Why we are better infielders and I'm a worse teacher
 - HHH. The most important statistic we measure
 - III. Executing rundowns
 - JJJ. Top 3 things to get your season started
 - KKK. Should coaches call pitches
 - LLL. Stealing off a lefty
 - MMM. Creating successful outfield play
 - NNN. Using the hitting +/- chart
 - OOO. Bunt for a hit technique
 - PPP. Hitting breaking balls
 - QQQ. Applying tags
 - RRR. The danger of the suicide squeeze
 - SSS. Team defense video course
 - TTT. Infield/outfield communication
 - UUU. Small adjustments you need to make on artificial turf
 - VVV. Hitting a variety of velocities
 - WWW. Screwing up a rundown
 - XXX. Biggest problem I see with youth hitters
 - YYY. Joe Maddon
 - ZZZ. Can fast/slow runners steal bases?
 - AAAA. How to work baserunning into practices
 - BBBB. Stealing from second base (2 parts)
 - CCCC. Athletic infielders
 - DDDD. Pitchers backing up pet peeves
 - EEEE. Pre-pitch routine
 - FFFF. Tactical games
 - GGGG. Post season checklist
- XIX. [Premium podcast give-a-ways \(Over 100 resources from our podcasts\)](#)